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# THE Accomplished LADY's Delight in Cookery;

## OR, THE Complete Servant's-Maid's GUIDE.

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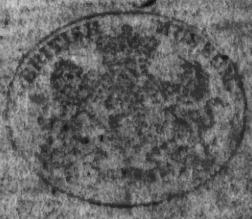

# THE Accompliſhed LADY's Delight in Cookery.

## How to dreſs FLESH with proper Sauces and Garniſhes.

### *A Shoulder or Fillet of Veal to Roaſt, with Farcing.*

PARBOIL either of theſe a little, then take a handful of ſweet herbs, with the yolks of three eggs, and ſome nutmeg and pepper, with a handful of currants, mould them with the yolks of eggs, and ſtuff your meat with them in convenient places; and ſo roaſt it by a quick fire, baſting it with ſweet butter, and ſome claret; ſerve it up with gravy,

butter, and a ſpoonful of ſugar, and white wine vinegar, garniſh with ſlices of orange and ſalt.

## *To ſtew a Rack of Veal.*

Cut it into ſtakes, cut carrots and turnips diamond faſhion, put them into a pipkin, with ſome ſweet herbs, whole mace, cinnamon, and groſs pepper; when you have put in a quart of water, or ſo much as will ſerve, half a pint of white wine, ſliced lemon or orange, a pound of butter; ſauce with ſugar and verjuice, garniſh with manchet and parſley, and lemon or orange-peel.

## *To haſh Stags or Sheep's Tongues.*

Boil them till they will blanch, then lard them; and ſtick them with cloves and roſemary, until they are half roaſted, then put them into a pipkin, with claret, cinamon, ſome mace, a ſliced lemon, and ſome carraway ſeeds, ſtew them, and ſerve them up with fried bread, garniſh with greens.

## *To roaſt a Haunch of Veniſon.*

Take off the ſuperfluous ſkin, lard it nd ſtick about a dozen cloves in it, and hen it is half roaſted, dredge it, and aſte it with claret, butter, and beaten inger, and parboiled capers, and garniſh with ſamphire.

## *To roaſt a Leg of Mutton.*

Mince ſweet herbs ſmall, with raw pippins, beaten ginger, and the yolk of a new laid egg; ſtuff it with this compoſition, and roaſt it, then make ſauce with lemon.

## *To roaſt a Neat's Tongue.*

Waſh it over with verjuice, lard it and baſte it with claret, after with butter, then dredge it with grated bread and beaten cinnamon, and make ſauce with claret, ſweet butter, juice of lemon; ſerve it up garniſhed with ſprigs of roſemary and bay-leaves.

## *To Collar a Pig.*

Cut it in two parts, and take out the bones, clean it with vinegar and dry it with a linen cloth, ſprinkle it with pepper, mace, and ginger, put in it ſome bay-leaves between the parts, roll it up hard in the manner of brawn, put it into a boiler, keeping it ſcumming, and when it is half boiled, take out two ladles full of the liquor, putting it in a pan by itſelf, and put in half a pint of white or rheniſh wine, ſliced nutmeg, ginger, and groſs pepper, let it ſtand till almoſt cold, then diſh it up, garniſhed with bay-leaves.

## *To haſh a Shoulder of Mutton, or a Leg of Lamb the beſt Way.*

Take them off the ſpit half roaſted; ſlice them, and being put into a diſh, put in rheniſh wine, and raiſins of the ſun, large ſliced lemons, and raw oyſters, an anchovy or two, and a ſhalot finely ſliced, then put them in a ſtew-pan, and when enough, ſauce it with verjuice, ſugar, pickled barberries, ſo ſerve it on ſippits. Garniſh with greens of the ſeaſon.

# ow to Dreſs FISH the beſt Way.

## *To marvel Smelts, Soals, &c.*

Put a ſufficient quantity of ſallad oil to a pan over a gentle fire, dry the fiſh a clean cloth, put them into the oil ien hot that it may cover them, and ien it waſtes ſupply it; put in bay-ves under and above them; and when ey are enough, make up a ſauce of ces of nutmegs, ginger, and beaten oves, mace, and ſome vinegar; and rve them up, garniſh with fried bay-aves.

## *To collar Eels like Brawn.*

Cut them open with the ſkin on, and ake out the bone, then mince ſweet erbs, take large mace and pepper, ſtrew hem withinſide the eels, and roll it up allarwiſe, bind it about, give it a gentle oiling, lay it in ſalt and vinegar, cover t with bay-leaves. And thus you may do pike and tench.

## *To roaſt an Udder.*

Parboil it, and rub it over with ſal a little ginger, ſtuff it with ſweet herb and when roaſted ſauce it with clare cinnamon, ginger, pepper, and clove heated, and garniſh it with tops of roſe mary.

## *To roaſt a Pig with a Pudding in its Belly*

Take a fat pig newly ſcalded, lay it ſhort while in cold water, dry it we. with a linen cloth, and make a puddin of grated bread, chopped ſage, the yolk of five or ſix eggs, ſome beaten cinna mon and mace with ſome comfits, anc the clipping of candid orange peel, hal a pound of currants; put it in the belly of the pig, ſew or ſkewer it up, anc roaſt it, ſauce it with gravy, the brains and currants ſauce, garniſh with grated bread and ſugar.

## *To roaſt a Leg of Pork the beſt Way.*

Having well ſeaſoned it with ſalt, parboil it till you may take off the ſkin,

ſtuff it with ſweet herbs and ſuit, ſtick it with cloves, dredge it with bread and fine pepper, and ſerve it up with apple-ſauce or muſtard and ſugar, and it will have the fineſt flavor hot or cold.

## To Dreſs Rabbits, Hares, or Leverets, the beſt Way.

*To boil a Rabbit with Grapes or Gooſberries.*

Truſs a rabbit whole, and boil it in ſtrong broth, and when it grows tender put to it a pint of white wine, a good handful of ſpinnage chopt ſmall, then with theſe and ſome of the liquor make up your ſauce with ſcalded grapes, or gooſberries and ſugar, garniſh with parſley.

*To dreſs Rabbits with Wine.*

Braid a rabbit as before, but with this difference, put in ſliced onions, carrots, and currants, ſweet herbs, large mace,

nutmeg and ginger ſliced; then add to it half a pound of butter, ſerve it upon ſippets.

## *To fricaſee Rabbits.*

Take your rabbits, cut them into ſlices, ſalt and flower them, then dip them in the white of eggs, and your butter mixed with a little fine batter being thrown into the pan; put the rabbit in, often turn them, when brown, diſh them up with batter beaten up with boiled parſley, and an anchovy or oyſter, garniſh with parſley and marygold flowers.

## *To ſmother an old Rabbit.*

Firſt parboil and then roaſt it, and dredge it with flower and beaten cloves, take it off the ſpit, and put it into a pipkin, with half a pound of ſweet butter, a little white wine and verjuice, ſome mace, an onion, and apple, and let it boil, and then ſerve it up with ſippets. Thus you may dreſs a duck or mallard.

## *To make a Diſh of Coney Livers.*

Parboil the leaves, and chop them with ſweet herbs, and the yolks of two eggs, ſeaſon with cinnamon, nutmeg, and ginger, put it in a frying pan, with ſugar over it, and ſerve it up with butter and verjuice.

## *To roaſt a Hare or Leveret.*

Dry it well with cloth, and make a pudding of fine flour, ſuit, currants, cinnamon and anniſeeds, and when the hare is larded, put it in the belly, ſpit it and baſte it with ale, till it ſmoketh well, then baſte it with batter beaten up with verjuice till it grows brown, then dredge it with grated bread and ginger, and when it is done take out the pudding, and beat it up with butter, verjuice, and claret, with ſugar and cinnamon: thin the pudding, and ſerve it up.

## The beſt Way to dreſs Tame and Wild Fowl, with their proper Sauces and Garniſhes.

### *To ſtew a Wild Duck.*

Truſs and parboil it, then half roaſt it, carve it and ſave the gravy, take ſome onions, parſley, ginger, and pepper, put the gravy into a pipkin, with currants, large mace, ginger, pepper, and ſome claret wine, ſcum it well, and when it is enough ſerve it up with butter, ſugar, and the juice of oranges, garniſhed with red beet-roots and parſley.

### *To boil a Tame Duck.*

Well parboil it, and then take ſome ſtrong mutton broth, ſliced onions, barberries, and indive ſhred ſmall, put theſe into a ſtew-pan or pipkin, and the duck a little ſcorched or ſcrewed into it, then ſlice in a turnip or two, and put in a quarter of a pint of white wine, as much verjuice, and half a pound of ſweet but-

ter, ſerve up the fowl with mace and cinnamon.

*To boil Chicken in white Broth.*

Truſs and parboil them very white, then with ſweet herbs put them into a pipkin, with mace and cinnamon; chop a little parſley, ſtrain the yolks of four or five eggs, with verjuice, put it in as you are ready to take them up, garniſhed with parſley.

*To boil a Capon with Oyſters.*

Let the capon be about half boiled, in fair water and ſalt, then ſtrain ſome of the broth into a pint of rheniſh wine, and ſtrew in ſome few ſweet herbs, ſlice in a lemon or orange, take the capon out of the reſt of the water, and put it in this broth, then having parboiled the oyſters put them to it, and when enough ſerve it up in the broth on ſippits, and garniſhed with ſliced lemon.

*To dreſs Giblets.*

Pick them clean and parboil them, then having in readineſs ſome ſtrong

broth of beef or mutton, ſhred onion and parſley, thyme and ſavory, with ſome mace and pepper, and beat up with verjuice, garniſhed with grated bread and parſley.

*To boil Pidgeons.*

Truſs them up, put them in your boiler, with ſtrong broth and a little wine; blanch a few almonds, ſlice them and put them in with capers, a blade of mace, ſerve them up on ſippets, and garniſh as before.

*To roaſt a Capon, Hen, or Pullet:*

Parboil either of theſe in water, with a handful of ſalt and ſome ſweet herbs, then dry it with a cloth, put it on a ſpit, roaſt it gently, baſte it with butter and claret wine, or red wine vinegar, garniſh with greens and orange ſlices.

*To roaſt a Pheaſant or Plover.*

Truſs them and preſs down the breaſt, baſte them with warm water, it will

make them plump, then drying again, baſte them with ſweet butter, dredge them with bread and ſome beaten cinnamon and ginger, ſauce them with gravy, juice of lemon, and oyſter pickle, garniſh with beaten cinnamon and ginger.

## *To roaſt Teal or Widgeon.*

Sprinkle them with vinegar light, lay them to a gentle fire, and encreaſe it by degrees, baſte and dredge them with flour and ginger, ſprinkling ſalt, and ſauce them with an onion in quarters, claret, gravy, and ginger. And thus you may roaſt any water fowl, except geeſe and ſwans.

## *To roaſt a Gooſe or Turkey.*

If the gooſe be freſh, and you would ſalt it in roaſting, making a pudding of butter, grated bread, and a handful of ſalt, which as the butter melts by degrees, being bound by the bread, will pierce quite through it, and ſalt it ſufficiently, and when roaſt and baſted, its

its dripping ſerve up with apple ſauce, muſtard, and ſugar.

The turkey needs but ſprinkling with ſalt and larding, baſte with ſweet butter, dredge with grated bread and beaten cloves. ſauce it with the yolks of eggs, claret, butter, and pepper, beaten up, then garniſh it with ſliced lemon.

*To boil ſmall Birds.*

Truſs them, and put them in a pipkin with ſome mutton broth, a blade of ſweet herbs, and parſley in their bellies, ſeaſon with verjuice, pepper, ſugar, the yolks of new eggs, ſtrain the broth, and ſerve them up in it, garniſh with greens.

*To roaſt all Sorts of ſmall Birds.*

Put them on ſmall ſticks, and tie them to your ſpit, baſte them with ſweet butter, and flour them. And when they froth up gently ſcatter fine minced ſweet herbs. Sauce them with butter, vinegar, and pepper, garniſhed with lemon-peel.

## *To ſmother Calves Feet.*

When you have boiled and bleached them, lay them in fair water and ſalt; and being cold, cut them in halves, put them into a diſh with ſweet butter and minced parſley, and an onion, with the tops of thyme, currants, mace, and pepper; let them ſtew, then put in barberries, and three or four yolks of eggs, hard and minced, ſauce them up with roſe water, ſugar, and verjuice, garniſh with parſley, and the hard yolks of eggs. And thus you may do ſheep's trotters.

## *To roaſt a Shoulder or Leg of Mutton, with Oyſters.*

Take large oyſters, and ſteep them in mellow anchovy pickle a night; then open your meat with a ſharp knife in convenient places, as well as poſſible, as they may not fall out; baſte it up with ſweet butter and the gravy, ſauce it up with claret, the gravy, and one ſhallot, garniſh with capers, or ſliced pickled cucumbers.

## *To ſtew Trouts.*

Put them in a ſtew-pan, with a quarter of a pint of white wine, a piece of ſweet butter, a ſmall handful of pickled parſley, winter ſavory and thyme finely ſhred, a ſpoonful of vinegar and ſugar; let them ſtew ſome time, and then mix the yolk of an hard egg. Stew the trout enough; pour the broth over them in a diſh, ſerve them up with lemon-peel.

## *To boil Pike, Carp, or Bream.*

Scrape your fiſh well, and put in half a pint of white wine, and a quart of water, clean the melts and other intrails, except the guts, and put in the fiſh; ſet them over a gentle fire, with a blade of mace and minced ſweet herbs, a good piece of nice butter, and ſome ſugar, barberries, grapes, and ſliced lemon, with the ſtrained yolks of three eggs; ſome ſugar, garniſh with beaten cinnamon.

## Baked MEATS, PUDDINGS, &c.

### *To bake Red and Fallow Deer.*

Waſh it with red wine and vinegar, if old, rub it, and ſkin it. Take out all the large bones, rub it well with pepper and ſalt, ſeaſon with cloves, mace, nutmegs and ginger. Soak it well in a good coffin or pan, covered with a paſte lid. Then put in butter and ſweet verjuice.

### *To bake a Pig.*

Firſt ſcald it, ſlice it in the middle and flea it. Take out the bones, and ſeaſon it with ſalt, pepper, cloves, and mace, grate ſome nutmegs, and chop ſweet herbs, with the boiled yolks of eggs, put it into a paſte, and it ſerves well hot or cold.

### *To bake a Turkey, Gooſe, or Capon.*

Bone the turkey but not the others, ſeaſon them with pepper and ſalt, and ſtick ſome cloves on the breaſt of the capon and turkey, which alſo may be lard-

ed, put either of theſe in a coffin with ſtore of ſweet butter, and when baked ſufficiently, pour in ſome more butter, beating it up with gravy. And ſo you may order a ſwan or other fowl to bake

*A Lemon Pye.*

Take green beats clean waſhed, ſtring and chop them ſmall, put a few reliſhing apples, ſeaſon them with pepper, ſalt and ginger, Then add ſome raiſins of the ſun, throw this into fine paſte, and as ſoon as baked caſt in the juice of an orange, and butter, and it will deceive the taſte of many, who will ſuppoſe it a minced meat pye.

*A Gooſeberry Tart.*

Pick the gooſeberries clean, putting them into a paſte with green ginger ſliced, cover it with ſugar, and ſome ſprinkling of roſe-water, and bake it gently.

*A Cherry, or Plumb Tart.*

Bruiſe a pound of cherries, or ripe plumbs ſtoned, boil them over a ſimmering fire with ſugar to a ſyrup; then take two pounds of the ſame ſort of fruit

bake them in coffins with ſyrup enough to cover them, ſtrewing ſome more ſugar on. and thus you may make a compoſition for tarts, to ſerve for apricots, currants, quinces, peaches, mulberries, and other fruit fit for tarts and pies.

*To make an Oyſter Pye.*

Save the liquor of large oyſters, and ſeaſon it with pepper, ginger, nutmeg, let it ſimmer over the fire; then lay the oyſters in a coffin, with butter, minced onions, and currants, afterwards pour in the liquor, cloſe and bake it.

*A Veal Pudding.*

Chop a fillet of veal, the ſkin and ſtrings being away, very ſmall, with ſweet herbs, nutmeg, mace, and ginger, ſalt, and beef ſuit, put it in a hog's gut, and boil it.

*A Rice Pudding.*

Steep the rice a night in fair water, boil it then in new milk, drain it in a cullender, and mince beef, put it to the rice, with currants, grated nutmeg, yolks of eggs, ſugar and cinnamon, and afterwards you may either bake or boil it.

*To make Apple Puff.*

Take any ſoft apples of a tart taſte, ſlice them very thin, and bruiſe them with a few raiſins of the ſun; wet them with two eggs, ſeaſon them with nutmeg, roſe water, and ſugar, and either bake them on plates, or fry them like eggs.

*How to ſerve pickles.*

Cucumbers with vinegar, bay-ſalt, and dill, well boiled.

Broom-buds, muſhrooms, frenchbeans and aſh-keys, firſt ſcummed, mixed with purſlain.

Grapes, barberries, ſamphire, green gooſeberries and walnuts, in a little vinegar, ſalt and water; and ſpice, and put in the pickle.

Terms uſed in the
ART of CARVING.

SAUCE that Capon,
Allay that Pheaſant,
Wing that Partridge,
Wing that Quail,

Diſplay that Crane,
Diſmember that Hern,
Unjoint that Bittern
Unlace that Coney,
Untach that Curlew,
Mince that Plover,
Thigh that Woodcock,
Break that Swan.

For FISH.

Chins that Salmon,
String that Lamprey,
Splat that Pike,
Sauce that Tench,
Splay that Bream,
Side that Haddock,
Cuſpon that Trout,
Tranſom that Eel,
Tame that Crab.

*The beſt Pieces to preſent.*

The inſide of a Surloin,
Middle of a Loin of Veal,
Sweetbread of a Breaſt,
Gravy part of Veniſon,
Pope's-eye in a Leg of Mutton,
Legs or Breaſts of Tame Fowl,
Wing or Breaſt of Wild Fowl.

*How to prevent being cheated in Marketting.*

A Fat capon has a large blue vein on the breaſt. If ſtale an open vein, if new, the contrary.

So of hens, pullets, pheaſants. Turkies, ducks, or geeſe, if hard-bellied, limber footed, and cloſe vented.

Small birds, if fat, a hard rump, if new, limber footed, and likewiſe cloſe billed.

A ſtale rabbit is limber, if old rough clawed, and hard in pinching near the kidneys. If young juſt the contrary.

A hare, if ſtale, limber. and the fleſh bluſh, if old, rough clawed, and a chap on the lip.

A leveret is known from a hare by a knop above the foot.

*F I N I S.*